



Ponithafren's Wellness & Recovery Learning Centre, Welshpool

# WHAT'S ON?

OPEN TO ALL • PLEASE CALL IN

Ponithafren Association is an organisation for people with Mental Health issues or those who are socially isolated or excluded.

We have Centres in Newtown & Welshpool, plus a weekly group in Llanidloes.

May 2016  
until  
Aug' 2016  
Issue 1

## MONDAY

### Art Group

11:00am - 1:00pm

### Learn Direct Drop-In Sessions

2:00pm - 4:00pm

*Improve your job prospects, learn new skills, discover a passion, achieve qualifications or improve your skills & confidence.*



## TUESDAY

*Closed until further notice.*

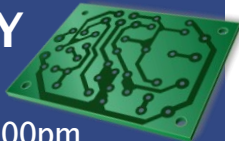
## WEDNESDAY

### Hobby Electronics Group

1:00pm - 3:00pm

### Monthly Member's Meetings

Times vary from 11:00am  
*Our members input is extremely important to the way the Association is run. Do have a suggestion for a course or group. Come along and let us know.*



## THURSDAY

### Knit and Natter Group

10:00am - 11:00am

### ESOL - English for Speakers of Other Languages Course

10:00am - 12:00pm

*Improve Your English skills in this warm friendly group.*

### Wellness Workshops

10:00am - 3:00pm

*Starting on Thursday 2<sup>nd</sup> June 2016 and continuing weekly thereafter for 6 weeks. The theme will vary each week. Places must be booked in advance.*

### Computers for Beginners Course

12:00pm - 2:00pm



## FRIDAY

### Harts & Crafts Group

10:30am - 12:30pm (Fortnightly)

### Health & Wellbeing Group

12:00pm - 1:00pm

*A weekly weigh-in for those who wish to keep track of their weight.*

## SATURDAY & SUNDAY

*Closed until further notice.*

## LATE NIGHT OPENING

Every Monday and Wednesday, 5pm until 9pm

## MONDAY EVENING

Singing Group 5:00pm - 6:00pm

Monthly Takeaway Evenings  
6:00pm onwards.

## WEDNESDAY EVENING

### What's on Your Plate?

5:00pm - 6:00pm

*Group discussions about the issues and ambitions that might be affecting your life right now. Fortnightly group sessions to help you identify any issues and goals.*

### Quiz and Snacks Evenings

5:00pm onwards

*Fortnightly quizzes on a variety of different subjects, with a small cash or sweet treat prize!*

### Learn Direct Drop-In Session

6:00pm - 8:00pm

*A variety of online courses for you to complete in your own time, with help from a staff member if needed.*

### COMING SOON & AVAILABLE ON REQUEST:

*One-to-One Anger Management Sessions, Resilience Training, Conflict Resolution, Confidence Building and Emotional Wellbeing.*

## FREE COUNSELLING SERVICE

For 18 years old and over

Most of us have times in our lives when things are difficult. Counselling can help you explore your troubles & feelings, perhaps helping you to see things more clearly or from a different perspective.

## MONDAY

Angela Aldis, Qualified Counsellor  
5:00pm - 9:00pm

## WEDNESDAY

Tracy Fletcher, Qualified Counsellor  
5:00pm - 9:00pm

## THURSDAY

Ed Hewitt-Symonds, Trainee Counsellor  
10:30am - 2:30pm

## FRIDAY

Melissa Croxon, Qualified Counsellor  
11:00am - 2:00pm

Ponithafren's Counselling Service is only available by appointment. If you would like to speak to someone in confidence, to find out more or to book an initial appointment, please call 01938 552770 or email: [welshpooladmin@ponithafren.org.uk](mailto:welshpooladmin@ponithafren.org.uk)

For more information please contact 01938 552770.

Welshpool Resource Centre, The Enterprise Centre, 42 Broad Street, Welshpool, Powys SY21 7RR

[www.ponithafren.org.uk](http://www.ponithafren.org.uk)

This poster is also available in other formats, such as large print. If you would like a copy of this in another format please contact us. Phone (via Text Relay): 18001 01938 552770, this will enable someone who is deaf to call up and have the info translated

Reg Charity No.: 1035326



ARIENNIR GAN Y LOTERI  
LOTTERY FUNDED